

FOOD THAT IS DIFFERENT

DISHES FOR THOSE WHO SEEK THE MEATLESS DIET.

Salads, Cakes and Steaks Compounded of Vegetables—Kansas Young Woman Trying Alfalfa Meal on Her Family—Fried Ham of New England.

Mary Pope, an English woman, has written a book called "Vegetarianism," which seems to meet some of the needs of the present time. She names her purpose in the introduction:

"I have chiefly endeavored to meet the requirements of those who, being unable to give up flesh eating, are at a loss how to replace the savory meat entrees to which they have been accustomed. Some people have no trouble in making so radical a change of diet; others encounter many difficulties. It is primarily for the latter class that the book is intended. The recipes are represented as furnishing dishes which do just as good and, most important of all, taste just as good."

Take the Virginia roast for instance; it sounds just as good and, by the way, the vegetarians declare that the meat taste is largely a matter of imagination.

Here is the recipe:
Take white string beans, six ounces; red lentils, four ounces; macaroni, four ounces; bread crumbs, four ounces; tomato, one-half can; one small packet vegetable soup; powder, two eggs; two ounces vegetable fat; two ounces fine onion; chopped peel of one lemon; a little mint and lemon thyme; salt and pepper.

Soak the beans overnight and skim them. Cook them as usual to make them tender. Steam the macaroni with the beans. Mix together in a bowl with the fat, crumbs, dry sage, eggs and soup powder. Press into a mould or shallow pie dish and bake brown.

A dish in regard to the taste value of the above as against that of meat would require experimentation. In regard to the comparative nutritive value chemical analysis says that beans show 30.8 per cent of nitrogenous matter as against 19.3 per cent in beef; string beans show 25.5 per cent as against 18.5 per cent in mutton; red lentils show 25.7 per cent, and dried peas 23.8 per cent as against the 11.8, per cent in fat beef and 12.4 per cent in fat mutton.

Another roast without a vestige of meat sounds as good. It is termed royal roast and is compounded thus:

Butter beans, four ounces; red lentils, four ounces; macaroni (small), two ounces; grated bread, three ounces; tomatoes, eight ounces; albino, two ounces; two eggs; seasonings, one lemon peel; one and a half teaspoonfuls celery salt; two teaspoonfuls lemon thyme. Prepare and cook the same as the Virginia roast.

Here are a few samples of a variety of roasts. In equally great variety are the outlets—vegetarian cutlets. For instance:

Take four hard-boiled eggs, one and one-half pounds field mushrooms; three tablespoonfuls water, a little rice flour, one ounce butter, salt.

Peel the mushrooms and cook for ten minutes in the water. Drain and chop them with the eggs. Add butter to the liquid and thicken with rice flour, stirring in the chopped egg and mushroom. Press the mixture into cutlets and when cold turn out and fry. Serve with peas and sauce.

If you prefer spaghetti to mushrooms here is a recipe for spaghetti cutlets:

Take spaghetti, four ounces; grated cheese, one ounce; one onion, chopped; crushed crackers, three ounces; two tablespoonfuls sauce to taste; one egg.

Break the spaghetti in small pieces and cook until tender in boiling water. Drain and add all the other ingredients. Mould in cutlet form and when cold turn out, dip in the egg and crumbs and fry in deep fat.

Even a hamburger steak is not beyond the capabilities of the vegetarian. Here is how to make it:

Take twelve ounces rice, one-half can tomatoes, two onions, five ounces cheese, one teaspoonful onion powder, one-quarter teaspoonful garlic powder, one dessert spoonful chopped parsley, one and one-half pints water, salt and pepper.

Cook together in a double pan or boiler until the rice is tender. Add the tomatoes, onions and cheese. Mix all the ingredients together. Use salt and pepper to taste. Roll into sausage shapes. Egg, crumb and fry, serving with rich brown gravy and currant jelly.

ALFALFA MEAL NUTRITIVE. BUT—
"TOPEKA, Kan., Feb. 19.—Nourishing bread, delicious cakes and palatable pastry are to be made of alfalfa meal is the prediction of the Kansas Agricultural Experiment Station, who recently graduated from the Kansas Agricultural College, department of domestic science.

With a view to establishing the merits of alfalfa meal for the human family, as well as for animals, Miss Ingham has made experiments with alfalfa meal in food and drinks which she considers very successful. In a talk to the members of the Shawnee County Alfalfa Club she explained the results of her experiments. The samples which she brought before the club were tried and the verdict was that they were very good.

Miss Ingham's experiments so far have been with bread, cakes and tea. The cakes were prepared in the usual way, but instead of flour, raisins and nuts were used, which partially removed the decided flavor of alfalfa. In the bread the alfalfa taste was partially overpowered by the addition of other kinds of flour and caraway seed.

The principal objection yet to be removed, Miss Ingham said, is the color. The alfalfa meal is a dark green, and when cooked turns a dark green, which makes the bread unappetizing in appearance. This fact did not deter the members of the Alfalfa Club from sampling the big loaves which Miss Ingham had baked.

Miss Ingham told the club members that her experiments with alfalfa leaves in the making of tea had not been entirely satisfactory. Alfalfa leaves have been mixed with tea and coffee, and the results have been acceptable, but alfalfa brewed alone was a failure on account of its unpalatable flavor.

"I have used all these experiments on the family table," Miss Ingham said, "and the results have been such that I am sure that people who get accustomed to the taste of alfalfa will learn to like it. It is like learning to eat olives, oysters, and other foods; the taste must be acquired. When it is done, it may play an important part in the cost of living, as it is certain to add to the health and longevity of those who use it."

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"Mary, how do you invest the money given you as tips?" the diner asked the waitress in a restaurant where all the service is rendered by young women.

"How do I invest it, is it? In food that I can eat and clothes to keep myself decent," Mary answered. "We get very good wages in this place. It was no longer ago than yesterday that the manager told me so. It is \$22 a month and our food, three meals a day. If you could only see the food you could never eat it. Every day last week we had beef stew and potatoes in their jackets for dinner and not once could I make myself take a second mouthful of either."

The tips that I get and which the manager tells me should be turned up for the house, where after it is absolutely absorbed into the pockets of the waitresses, is a matter of indifference to me. I have heard of some waitresses who have been paid a table of six for a week and never given me a cent."

"They get in training over on the other side of the Atlantic and keep it up. Only over here they feel they must give more money. A quarter over in my country would be a large tip. I have heard of a man but as much as the majority of chambermaids get in the average hotels. I'm not a grafter and I don't complain about not getting big tips, but I have heard of some who have been paid a table of six for a week and never given me a cent."

"The head waiter in this restaurant where all the service is done by waitresses. When asked if he had noticed a difference in the size of tips given men and women waiting in restaurants, he replied that he had never noticed a difference. Why, in the place where I had girls under me I never knew a single instance where more than a quarter was received. There was no difference in the size of tips given men and women. The general belief that women don't need as much money as men. So far as the service went the girls gave just as good as the boys. I have never seen a man who replaced them."

"Oh, yes, the girls had to go. The hotel changed hands and the new proprietor did not like the girls in the kitchen. Perhaps that is the reason the patrons didn't feel that they should give large tips."

"The men came in and though the food remained exactly the same the same people gave larger tips. The wages of the girls were less than the men received and the girls were not as well paid as the men. It is the same idea that women can get on with less than men. It may be a false idea, but I know when a woman, it makes no difference how many waitresses she has, she will never be able to take less wages from the restaurant and smaller tips from the public."

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A LIVING FROM THE LAND

THREE WOMEN RAISING FLOWERS IN PARTNERSHIP.

Carnations Their Main Dependence—Objections to Violets as a Crop—Qualities That Bring Success and Profits—Importance of Satisfying Your Market.

"Carnations are my chief dependence, though I grow a general line of florists' stock," a successful woman florist of Pennsylvania said in reply to a question about her business. "Fourteen years ago I began to make my living from the land as a violet farmer, and though I met with a certain degree of success I changed my plans because of the numerous diseases to which the violet is heir and turned my attention to a general line of flowers and plants."

"Violets are not hard to grow where the soil suits them, but once let a violet farmer become infested with the germs of the disease which is next to impossible to get a good crop. At least it was up to a few years ago. Now, thanks to the persistence of the experimental stations, these diseases are much easier to eradicate than formerly."

"When a woman starts out to make her living from the land about the first thing she has to consider is the market which she plans to supply. Though I have known persons to create a market for their product it is not easily done."

"Being within a few hours of a large city and within the corporate limits of a college town, my opening was for general florists' stock rather than for violets or any other one flower. The trouble was when I started out it was that I didn't recognize this fact. It was not until after I had been raising violets for several years that the continual demand for other flowers opened my eyes."

"It was to supply this direct demand that I began to lessen my violet crop and plant other flowers. Now I have a retail shop in connection with my greenhouses and make more than double the amount I made growing violets. This trade, however, hasn't grown of itself but is the result of hard and continuous work."

"We have now nine greenhouses devoted to carnations. From these we annually produce two thousand marketable blooms. Carnations are usually considered an easy crop, but if you are to meet the demands of the best trade they require about as much attention as the majority of flowers grown under glass."

"Careful attention must be given to the temperature as well as to the soil and the house must be clean and healthy stock. Ten good blooms a year is a fair average for each plant in a carnation house. The plants should be set from eight to ten inches apart between the rows and from six to eight inches apart in the rows. There is always a demand for old standard varieties, but it is a lucky carnation grower that can produce a new variety of carnations. The new varieties are for that reason that all carnation growers experiment with seedlings."

"Roses are second in my flower growing for the simple reason that my home market is for carnations. The best varieties according to the demand of our trade and seldom have any to ship. As to varieties, the best is most in demand. The Liberty, the Ivory, the Pearl and the Sunrise."

"If I entered to the New York market for the plant I would find that the carnation has its favorite vegetable and fruit. Knowing what is wanted and producing the very best quality of it is what makes success in our line of work. Our house is 100 by 35 feet, with a high roof and light sash bar framework."

"When I say our carnation house or our rose house, you must think that the flowers alone are grown in them. On the contrary double cropping is one of the features of all our houses. You will find that a bench of carnations or roses that has been raised in the house or some other low growing bulb or plant."

"Though violets are no longer our specialty we devote a part of one house to the raising of them. The violets will generally find a bench or so on which violets, sweet peas and jonquils are intermixed in rows. In this way space is utilized and the plants are kept in good condition. One of the points of farming under glass is never to allow a single inch of space to be left vacant. If you want to make such farming pay you must be ready to do it in a planned way. Remove one that has finished its usefulness."

"Bulb growing is one of the chief sources of our revenue. We force about 50,000 six to eight different varieties of tulips. Much of this stock is imported direct from Holland, and though we have to pay a pretty high price we are sure of the best grade."

"The favorite varieties in our market are daffodils, tulips, narcissuses, hyacinths, freesias and Easter lilies. These bulbs are planted in boxes or pots and the house is filled with them until they have taken root firmly. From time to time as they are needed they are brought to the houses, where they soon bloom. Such a house will produce a large quantity of flowers and bring a price high enough to guarantee a fair profit."

"The great secret in growing violets successfully is in keeping them free from any of the many diseases which attack the plants and their invertebrate insect enemies. It was the pestiferous black fly that caused me to give up violet growing as a specialty."

"Although the demand was for a general line of flowers my violets sold in the city to such an extent that I was making a good thing out of it. I was rapidly increasing my bank account. Then the black fly came and there seemed no certainty about my ever being able to make a living out of it. I switched over to the raising of tulips and narcissuses."

"For growing under glass violets should be propagated in March by cuttings. The young plants should be set on the benches in the house in rows about ten inches apart each way. The first good blooms usually come in September and from then on until the end of the year. April and May there should be a steady daily supply."

"Fifty commercial blooms is a fair average for each plant. In a violet house the temperature should be about 45 degrees at night and never rise more than 60 degrees on days when there is no sun. In the summer after the plants have finished blooming they should be destroyed. The blooms of such plants are uncleanly and poor, too poor to supply a first class trade. For first grade blooms you must have new violet plants."

"Though my business is not large as modern greenhouses go, it pays well for the time and money invested. As my partners are my sister and my daughter, I grow all commercial stock and do not only give us a comfortable living but fair surplus. My daughter is a graduate of an agricultural college and my sister has completed a course in a business school. Their training has added much to the success of our business."

"I am a great believer in taking a practical course of training along any line of business which you wish to pursue. If it can be done before you begin all the better, but if not, as was my case, then all the reading and study you can get in will do much to help you solve the problems you are sure to encounter."

"There is one thing connected with our success that I do not like. It is having other women come and write asking me to advise them about raising the same line of business. I get so many letters of that sort that I have ceased to read them. I may seem ungracious, but I have never seen and know absolutely nothing about her chances."

Americans Drink Much Water.

From the Medical Journal.

Our habits of water drinking have been so generally noticed, chiefly in Europe, that physicians must have thought frequently of what reasons led to our great use of water.

In England as well as in France the climate is decidedly more humid than in the United States. Here we have long periods of dry, sunny weather. In the autumn there may be a succession of wet days, but the sun is not infrequently out for several days. In France and in much of western Europe since the annals of Caesar the humidity of autumn has been proverbial. It may be said that such differences in weather tend to produce differences in the habits of the people and the weather prevailing with us might account for our greater use of water.

THE NEEDLEWOMAN'S CHANCE

OPENING FOR SOME ONE IN APARTMENT HOUSES.

Customers Who Cannot Afford to Have Their Dressmaking Done at Home—A Southern Woman's Way of Earning a Good Living With Her Needle.

"There is usually between twelve and fifteen hundred dollars for my bank account after all my yearly expenses are paid," declared a young Southern woman who came to New York to earn a living with her needle. "You know I took a course as a fitter and later a course in designing. Then I went into the dressmaking department of a large store."

"When the slack season came in February I was laid off. I was a head fitter and a few of the sewing women who had been there a long time. For two years I drifted about doing sewing, by day and night, and making fairly good money. That is as long as I have been doing these days. I had a room in a decent house, good food, decent clothes and a few dollars a month to put by."

"Four years ago I realized that my patrons were falling